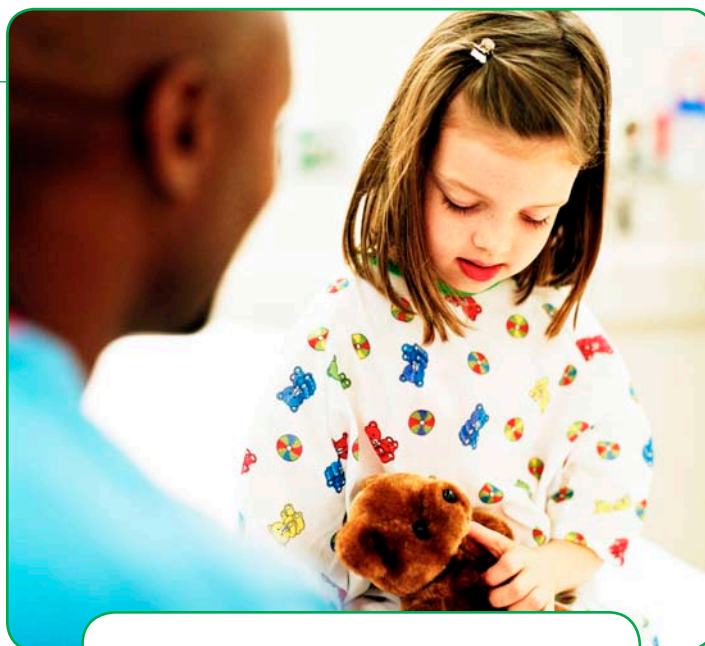


Children and Asthma

IN NORTH CAROLINA

Childhood asthma continues to be an important public health issue in North Carolina. In 2010, about 16.8% (approx. 369,000) of children under the age of 18 in North Carolina had been diagnosed with asthma at some point in their lives, and about 10.3% (approx. 225,000) still had asthma.¹ For the United States in 2009 (latest data available), these percentages for children were 13.8% and 9.6%, respectively.²

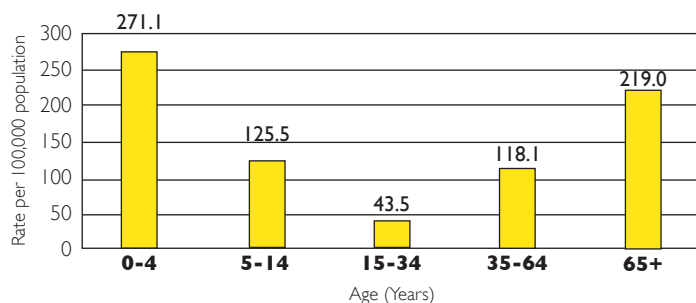


In 2009, children with asthma below the age of 5 had the **highest hospitalization rate** of any other age group in North Carolina.³

Children under the age of 5 with asthma (when compared to other age groups <18 years) have:

- Highest hospitalization rate due to asthma (271.1 per 100,000 population)³
- Highest rate of daily use of asthma medications to control their asthma (58.7%)
- Lowest percentage of asthma action plans (21.7%)

Asthma Hospitalizations, by Age Group, North Carolina, 2009



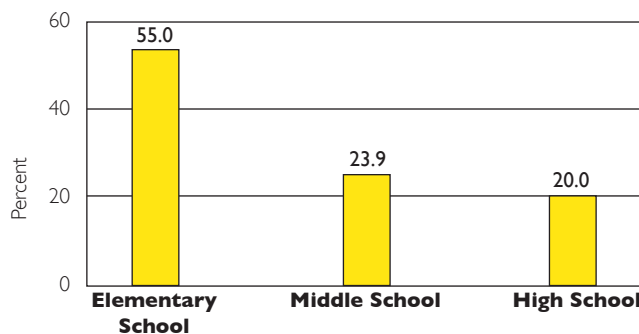
Source: State Center for Health Statistics, N.C., 2009.



Asthma is the **leading, chronic health condition reported by North Carolina public schools**. Asthma accounted for 35.0% of all chronic health conditions, affecting 92,838 students in the 2009-2010 school year.⁴

- The majority (55.0 percent) of school-aged children with asthma attend elementary schools.

North Carolina Public School-Aged Children with Asthma, 2009-2010 School Year



Source: N.C. Annual School Health Services Report, 2008-2009

¹ North Carolina Child Health Assessment and Monitoring Program (CHAMP) Survey, N.C. State Center for Health Statistics, N.C. Department of Health and Human Services (2010).

² National Health Interview Survey, National Center for Health Statistics, Centers for Disease Control and Prevention, (2009).

³ N.C. State Center for Health Statistics, N.C. Department of Health and Human Services, 2009 Provisional data. (newborns were not included).

⁴ NC Annual School Health Services Report: 2009-2010. (www.ncdhhs.gov/dph/wch/doc/stats/SchoolHealthServicesAnnualReport-2009-2010.pdf). Accessed July 11, 2011.

⁵ Help Your Child Gain Control Over Asthma (November 2004) (www.epa.gov/asthma/pdfs/ll_asthma_brochure.pdf).

Help your child control her/his asthma⁵

- **Make an asthma action plan** – the action plan looks at what triggers or brings on your child's asthma and informs everyone who care for your child about the plan. It should include your child's **daily medicine** needs and **rescue medicines** for quick relief during an attack.
- **Give the right amount of medicine everyday** – Ask your doctor if you have any questions.
- **Learn what may trigger your child's asthma** and take action(s) in reducing those triggers.
- **Monitor the Air Quality Index (AQI)** (www.airnow.gov) before your child participates in any outdoor activities.

This publication was supported by Grant/Cooperative Agreement Number U59EH000518 from the Centers for Disease Control and Prevention (CDC). Its contents are solely the responsibility of the authors and do not necessarily represent the official views of the CDC.



State of North Carolina | Beverly Eaves Perdue, Governor
Department of Health and Human Services | Lanier M. Cansler, Secretary
Division of Public Health | North Carolina Asthma Program | www.ncdhhs.gov
N.C. DHHS is an equal opportunity employer and provider. 8/11

For more information, please
visit the NC Asthma
Program's website at
www.asthma.ncdhhs.gov
or call the Asthma Program
at **(919) 707-5213**
for additional assistance.